RECORDS SHOW TORIES TRAVEL IN STYLE, PG 6

Celebrity

Angie says beauty in aging

pg 26

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Gate open for rodeo as official sport

RODEO Ropin' and ridin,' always part of Alberta's heritage, could now make up the province's official sport.

A motion made by Alberta Liberal Leader Kevin Taft to make rodeo the official sport in Alberta was adopted by the provincial legislature yesterday.

"No other sport carries such a deep connection to our province's land and wildlife, and that connection has played a huge role in Alberta's economic growth and cultural development."

The motion isn't binding, but does put pressure on the government to follow through. METRO CALGARY

ROBIN KUNISKI/METRO CALGARY

Calgary Stampeders quarterback and Grey Cup MVP Henry Burris raises the Grey Cup amongst hundreds of fans who met the team upon their return to McMahon Stadium yesterday. The Stamps defeated the Alouettes 22-14 in the 96th Grey Cup game Sunday.

Triumphant return

Proud Stampeders bring Grey Cup back to their fans

NEIL MACKINNON
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Football fan Kirk Manning has seen the Calgary Stampeders win five Grey Cups.

But this one will always stand out. On Sunday night, as the Stamps hauled in their sixth cup in team history, Manning sat next to his 91-year-old mother Donella on the couch. She brought the Stamps into his life in the absence of his father, who died when he was five.

"It's the most special of all them all," Manning said. "It was something wonderful to sit there with my mom, my wife and my three kids. This one has got some deep down feelings. It's probably her last one."

Donella, no longer overly mobile, didn't make it down to McMahon Stadium yesterday as more than a thousand boisterous fans welcomed the boys in red home, and when three buses loaded with players, staff and wives pulled up, the chants could be heard for blocks.

"The guys love playing in this city, they love the people, they love this organization ... Right now, we're on cloud nine."
Henry Burris, Grey Cup MVP

Hordes of jersey-wearing fans crowded bus doorways with back pats and congratulations a-plenty.

Grey Cup MVP Henry Burris was last off the bus, still sporting his red contact lenses, wide-brimmed cowboy hat and even wider smile.

"The guys love playing in this city, they love the people, they love this organization, they love playing at McMahon and with the fact that the Grey Cup's going to be here at McMahon, why can't we do it again?" said Burris. "Right now, we're on cloud nine."

The city will host a formal Grey Cup victory rally today starting at 11:45 a.m. at Olympic Plaza.

SEE MORE COVERAGE ON PG. 10

Mail-in ballots returned

ELECTION Mail-in ballots will be back on the municipal election menu.

City council approved a motion by aldermen Ric McIver, Andre Chabot and Joe Ceci yesterday to re-install mail-in ballots for soldiers abroad, the disabled and students studying in other jurisdictions.

"Let's just do it. This is a positive thing for Calgarians."
Ald. Joe Ceci

"Let's just do it," said Ceci. "This is a positive thing for Calgarians."

Calgary's returning officer Barb Clifford said individuals must apply for a special mail-in ballot prior to the next municipal election in 2010 and must include a photocopy of acceptable identification, like a driver's licence, when returning their ballot.

The mail-in option was ousted in 2004 after the city sent more than 1,200 ballots to one Ward 10 post office box and all were returned with similar handwriting.

Ald. Ray Jones, who along with Ald. Dale Hodges provided lone votes against bringing mail-in ballots back, said the system still hasn't been fixed.

"They're open to abuse, they have been abused in the past and will be again, I'm sure," said Jones. "It was a nightmare last time around and I just hope they get it dealt with somehow, so it's not a nightmare for us all over again."

NEIL MACKINNON/METRO CALGARY

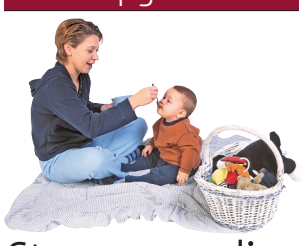
Entertainment pg 23

Ani DiFranco's Red Letter Year

Education pg 17

Learning goes the distance

Health pg 21



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Accident victim identified
An 84-year-old woman who was killed while walking on the sidewalk along Sirocco Drive on Nov. 21 has been identified as Kathleen Florence Harris. METRO CALGARY

Local

Fencing tournament in town

This weekend, the Talisman Centre will be hosting a national fencing tournament. CSC Calgary will go Nov. 27 to 30. It's the first time in three years the tournament will be held in Alberta, and will feature Epee, Foil and Sabre competitions in four age categories.

METRO CALGARY

Mental health issues examined

NEIL MACKINNON
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STUDY Diagnosed with schizophrenia in 1988, losing her job and bounced between residences a number of times, Michele Misurelli is back on her feet now.

She was one of nine schizophrenics involved in the University of Calgary's Hearing (Our) Voices project, which studied the real-life health-care and homelessness experiences of those with mental illness.

"It has opened a lot of doors for me," said Misurelli. "It has given me a voice, a sense of purpose and an ability to realize that I can help others."

Prof. Barbara Schneider said too often such research is conducted by academics in a sterilized environment. "It's not easy for them to get heard, but this is their project, really, it's the knowledge of the people themselves that will make the difference."

Let it snow, let it snow

Ski hill asks for tips on how to bring out the white stuff

KRISTA SYLVESTER
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A browse of their website will show how anxious they are for snow — there is a list of more than 150 suggestions for the white stuff from equally restless Calgarians.

Canada Olympic Park (COP) has enlisted the help of city snow lovers to motivate Mother Nature into dumping some white stuff — or at least provide a week of minus five Celsius temperatures for the snow-makers to do their job.

"We are at the mercy of Mother Nature to let the temperatures dip so we can get some more snow on the hill. Calgarians are raring to get going," COP's Stewart McDonough said.

On the website, Calgarians have been sending in their snow-making ideas, ranging from "calling the snow fairy" to "playing Christmas music."

"We're just trying to have fun in the meantime," McDonough said.

While the city's lone ski hill staff anxiously awaits 24/7 for the right conditions to activate the snow-makers, the weather for the rest of the week doesn't look promising, according to CTV weatherman David Spence.

"There might be a little bit of light snow Wednesday morning, but not enough to make a difference for them," he said, adding temperatures won't be dipping as low as the park needs them to either.

ROBIN KUNISKI FOR METRO CALGARY

Local ski hills, like Calgary's Canada Olympic Park, are lamenting the lack of snow for skiers and snowboarders to hit the slopes.

Man says Steinke asked for help

TRIAL A former friend of triple murder suspect Jeremy Steinke testified yesterday that the man on trial asked him for help in committing the murders.

Jordan Attfield, 19, said he didn't take the requests seriously when Steinke asked him to help kill his then 12-year-old girlfriend's family.

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Two seniors dead
RCMP have confirmed two people found dead in a Red Deer home are an elderly couple. Names and cause of death have not been released. METRO CALGARY

ROBIN KUNISKI/FOR METRO CALGARY

Amanda Arran, marketing manager for Co-Op, Rob Patterson of the Calgary Police and Todd Richardson, GM of Charlesglen Toyota, promote the positive ticketing program.

Cops 'ticketing' good deeds

KRISTA SYLVESTER
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Usually when kids get a ticket from a police officer it isn't a good thing — but now it can be.

The Calgary Police Service officially re-launched its SuperKids program yesterday, designed to encourage and reward positive behaviour in the city's youth giving officers books of coupons to hand out as "tickets."

"We want youth to have positive interactions with our police officers and get rewarded for their good behaviours and good deeds," Const. Rob Patterson said.

> **"We want youth to have positive interactions with our police officers."**
> Const. Rob Patterson

Those behaviours can range from wearing their bike helmets while riding, walking properly across the street and even holding the door open for the elderly.

"It's really up to the police officer's discretion and we just want the kids to link these awards to their positive actions."

The awarding officer will give deserving kids coupons with participating partner offers, including a free Slurpee from 7-11 and a free Blizzard from Dairy Queen.

The pilot program launched in 2004.

News in brief

VIRUS A viral outbreak has infected up to eight children at Chinook Park School in the city's southwest. Fifth Disease, also known as "slapped cheek disease," can be dangerous to pregnant women. The symptoms include a red facial rash, fever, body aches and pains and a rash.

METRO CALGARY

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Bank of Canada deputy governor resigns

Bank of Canada deputy governor Sheryl Kennedy will step down as of Dec. 1 to "pursue other interests," the central bank announced yesterday. The bank said it will launch a recruitment process shortly to fill her position. **REUTERS**

Canada

Canadian youth top U.S. in 'Net use

Fewer young Americans have Internet access than their peers in Canada, a survey of 13 countries around the world showed. Among 12- to 14-year-olds, 100 per cent of British youth use the Internet, followed by Israel at 98 per cent, the Czech Republic and Macao at 96 per cent, Canada at 95 per cent and the U.S. at 88 per cent, according to the World Internet Report by the Center for the Digital Future.

REUTERS

News in brief

WAR Gen. Walt Natynczyk, Canada's chief of defence staff, praised Washington yesterday in its plans to deploy 20,000 more troops to Afghanistan. He said the surge by the U.S. is essential to hold ground and ensure security in the run-up to the Afghan election next fall. **TORSTAR NEWS SERVICE**

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Tories accused of big spending

The Conservative government should be "embarrassed" after a Torstar investigation showed that federal politicians and public servants are travelling at high-class prices on the taxpayers' dime, the Canadian Taxpayers Federation says.

"(Prime Minister Stephen Harper) and his cabinet should be embarrassed that it has been caught at the trough like everyone else they accused of being (when the Conservatives were in opposition)," federation spokesperson Kevin Gaudet said yesterday.

The investigation looked at about 60,000 travel records from four years, including the last two years of Paul Martin's Liberal government and the first two years of the Conservative government. Both Liberals and Tories have been big spenders, but the analysis found most Tory ministers spent more than the Liberals they once accused of being lavish spenders. In a detailed comparison, it was found Tory ministers outspent the Liberals in 10 out of 12 cases. **TORSTAR NEWS SERVICE**

Tory spending

- The standout expenses included an $84,000 trip to WTO talks in Geneva and a $61,000 trip to the United Nations climate-change conference in Bali last year.

Hungary **Official welcome**

KAROLY ARVAI/REUTERS

Hungarian President Laszlo Solyom, right, welcomes Gov. Gen. Michaëlle Jean at the Presidential Palace in Budapest yesterday. Jean is on a five-day official visit to Hungary for trade relations.

Commuters pressured to e-mail in car: Poll

KRISTEN THOMPSON
Metro Canada

WORK Commuters are becoming increasingly dependent on mobile technology like BlackBerrys and IPhones to keep up with work on their way to and from the office.

But that need to stay connected is coming at the expense of our safety with many people texting behind the wheel, according to a new Angus Reid study.

The Commuting and Staying Connected omnibus found that 23 per cent of Canadians surveyed said they need to have access to text messaging, phone and e-mail while commuting. Ontario is expected to ban the practice soon.

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Comment & Views

Comment

No time for left or right

Harper giving up ideology for pragmatism

NationalReport

Lawrence Martin

The Conservatives won the election. But it's no time to be a conservative. Two overriding beliefs tend to propel conservatives. One is free market economics. The other is the military solution. Both are in disrepute.

On the economic side all you see these days are headlines like "We're All Keynesians Now." Roosevelt-styled New Deals are the talk of the world. Deregulation run amok is blamed for the global crisis.

The Great Depression spurred a rise of liberalism on this continent that lasted two decades. Conservatives can only hope there is no repeat now.

Their recent record on war as well as economics is hardly auspicious. There is little or no progress in Afghanistan. In Iraq there's progress — but with almost 5,000 Americans dead, hundreds of thousands of Iraqis dead, the American treasury blown, and the country's reputation disparaged, the Republican Party has been pummelled.

Prime Minister Stephen Harper no longer supports the Iraq war and he plans to withdraw Canadian forces from Afghanistan by 2011.

It is the inflexible, ideological leader who digs in his dogmatic heels. On neither war nor the economy is our prime minister doing that.

(Harper) senses the times are tilting in his unpreferred direction and he is not about to get caught behind the curve.

At a conference on the weekend in Peru, he talked about how he has had to move with reluctance from being a deficit hawk to a Keynesian spender who will now run up deficits.

At the University of Alberta, he studied economic history and gained a knowledge of the depression-era blunders of R. B. Bennett here and Herbert Hoover in the United States.

Instead of being pragmatic, they clung to conservative old-time religion and insisted on balancing the books.

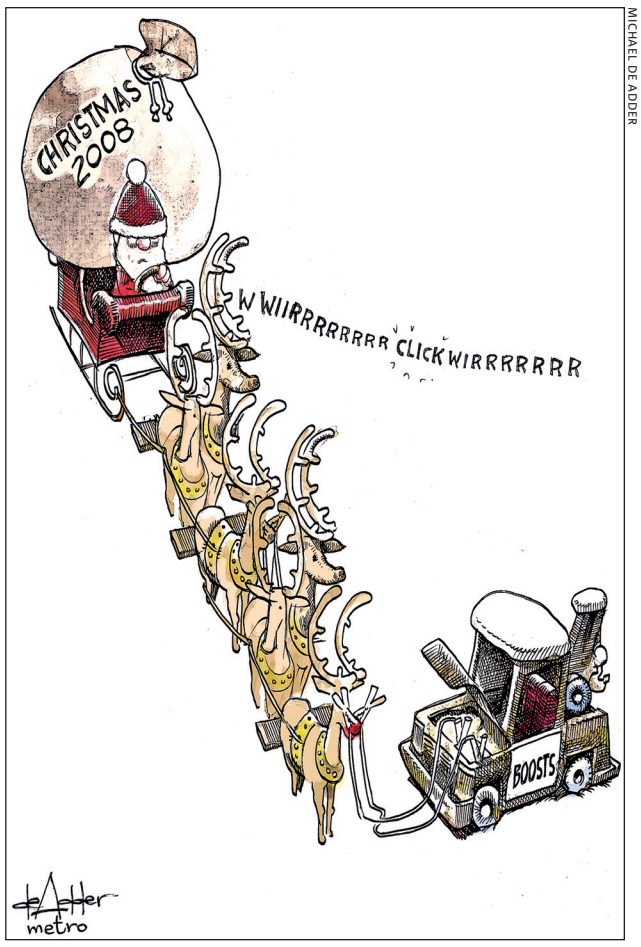
These are mistakes, Mr. Harper said, which cannot be repeated today.

He senses the times are tilting in his unpreferred direction and he is not about to get caught behind the curve.

The conservatism south of the border went too far just as liberalism did a couple decades earlier when welfare-state enthusiasts brought about stagflation and other blights. Ideology breeds excess. Go back further to find communism on one side, fascism on the other.

Maybe some day the lesson of history will be learned: That whether it be of the left or right, ideology is ruinous.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Economy should not deter philanthropy

Maria Antonakos

As we head into the holiday season, remember that compassion and generosity are blueprints for civil society.

Last year, there were approximately 82,000 registered charities in Canada and more than 1.8 million in the United States, according to the Canadian Revenue Agency and the American Institute of Philanthropy.

Meanwhile, mega gifts from Warren Buffett ($30 billion US) and Bill and Melinda Gates (approximately $20 billion since 1999) were said to be leading us into a second golden age of philanthropy and many felt that there was never a more urgent time to engage philanthropic resources to try and solve issues affecting our world.

Yet only one year later, we are faced with tremendous financial upheaval that is seeing much of the wealth accumulated in the recent past, jeopardized or lost.

As a philanthropy consultant I work with both charities and philanthropists and have an inside view on how clients are navigating these times – charities as they campaign for donations and philanthropists as they seek to fund the right projects.

Last week a philanthropist was voicing her concern that people were going to be less generous, at a time when charities need more contributions than ever to support communities in need. She has committed to give as much as possible this year and she plans to encourage her peers to do the same.

Meanwhile, fourth year commerce students in my philanthropy course at McMaster's De Groote School of Business in Hamilton, Ont. are as passionate about philanthropy — and wisely distributing the $20,000 donated by Doris Buffett (Warren Buffett's sister), Michael Lee Chin, Bob Levis and Jeff Wheeler for them to give to a local charity — as they are about analyzing the markets.

So despite financial turmoil and insecurity, on a recent walk, I was overcome with gratitude for the freedoms and prosperity in our society.

Indeed, a peer through a global lens certainly underscores the privilege we experience in Canada, for example, to live without the threat of war tearing apart our families and communities.

This perspective shows me that there are hundreds of instances where I can lend a hand to others experiencing difficulties that far outweigh my own. Today, regardless of the financial uncertainty swirling around, my goal is to give as much as ever.

As we head into the holiday season, remember that compassion and generosity are blueprints for civil society, and philanthropic charitable works are the building blocks.

Don't let this month pass without taking a charitable action that makes you feel grateful and proud. In the spirit of true generosity, all gifts are big gifts.

Maria Antonakos is the founder of Opus Philanthropic Strategies (www.opusphilanthropy.com) where she helps people give and receive with care.

Letters

Watch where you get your puppy

I would like to warn readers not to put cruelty on their shopping lists this year. The holidays are a busy season for puppy sales and people need to know that when they purchase puppies over the Internet, through newspaper ads, or at pet stores, they are often unknowingly supporting a puppy mill.

Puppy mills are inhumane breeding facilities that produce puppies in large numbers. They are designed to maximize profits and commonly disregard the physical, social, and emotional health of the dogs.

The breeding dogs at puppy mills live their entire lives in cages, and the poor conditions cause puppies to have more physical and behavioral problems than dogs from good sources.

The best way to stop puppy mills is for consumers to stop supporting them. To find a puppy from a reputable source, visit your local animal shelter or find a reputable breeder and visit their premises to see how your puppy's mother is living.

DEILYN BERDICHEVSKAYA, TORONTO

Taxpayers to pay for ski-jumping battle

Now that the women ski jumpers have a court date, maybe they can think about who is going to pay for their event's inclusion — taxpayers.

If their thinking gets advanced enough, they will learn some taxpayers would rather not have their event funded — not because they dislike female ski jumpers, but from their belief that Vancouver's hosting of the 2010 Olympics is a colossal waste of their money.

VINCENT LIZEE, VIA E-MAIL

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. **We reserve the right to edit letters.**

5 million in U.S. go to alcohol, drug self-help groups

About five million Americans attend meetings of self-help groups like Alcoholics Anonymous for alcohol and drug abusers, and nearly half of them reported remaining clean, a federal study released yesterday showed. REUTERS

World/Business

Costly stimulus needed: Obama

President-elect Barack Obama promised yesterday to jolt the faltering U.S. economy with a costly stimulus package next year and introduced the team that will help him navigate the global financial crisis.

Obama, who warned again that the economy would likely get worse before it got better, declined to put a price tag on the two-year stimulus proposal that other Democrats have estimated at hundreds of billions of dollars.

White House appointments

Barack Obama confirmed his economic team at a news conference.

- Timothy Geithner, president of the New York Federal Reserve Bank, will be treasury secretary.
- Lawrence Summers, a former treasury secretary, will be director of the National Economic Council.
- Christina Romer, a University of California, Berkeley, economics professor, will head the Council of Economic Advisors.
- Melody Barnes, a former chief counsel on the Senate Judiciary Committee, will head the Domestic Policy Council.

The scope of the economic crisis has widened in the 20 days since Obama's White House win. Auto companies warned they were short on cash, unemployment numbers rose and the government injected $20 billion into Citigroup.

"These extraordinary stresses on our financial system require extraordinary policy responses," Obama said, adding his administration would honour public commitments made by President George W. Bush's team to address this crisis.

Obama said his team was already working on the details of a package to save or create 2.5 million needed jobs.

REUTERS

Pirates cut ransom, claim another ship

PIRACY Somali pirates have hijacked a Yemen cargo ship in the Gulf of Aden, a regional maritime official said early today, the day after pirates who seized a Saudi supertanker cut their ransom demand to $15 million US.

The vessel was identified as the MV Amani. Word of the latest attack came 10 days after gunmen from Somalia seized a Saudi supertanker, the Sirius Star, in the largest hijacking in maritime history. The pirate gang had originally been quoted as wanting $25 million to release the Sirius Star. REUTERS

India **Acrobats take flight**

PARTH SANYAL/REUTERS

Chinese acrobats perform during an India-China cultural exchange program in the eastern Indian city of Kolkata yesterday. The program was organized by the Indian Council for Cultural Relations and Chinese Embassy to strengthen the cultural bonds between the two countries.

Some breast cancers might naturally regress, study claims

HEALTH Researchers who tracked breast-cancer rates in Norwegian women proposed the controversial notion yesterday that some tumours found with mammograms might otherwise naturally disappear on their own if left undetected.

But leading cancer experts expressed doubt about the findings and urged women to continue to get regular mammograms, saying this screening technique unquestionably saves lives by finding breast cancer early on.

The study compared breast cancer rates among who had a mammogram every two years over a six-year period to those screened just once.

The researchers found 22 per cent more invasive breast tumours in the group who had mammograms every two years.

REUTERS

News in brief

BRAZIL Rescue workers rushed to help stricken residents in southern Brazil yesterday after landslides and floods caused by heavy rain killed at least 59 people and forced more than 43,000 from their homes.

BAN California's gay marriage ban could open the door to legal discrimination against unpopular groups if the state Supreme Court allows the voter-approved measure to stand, other minorities said. REUTERS

Business

Citi bailout keeps BCE buyout alive

With the clock ticking toward a Dec. 11 closing deadline, the $52-billion US buyout of BCE Inc. appeared to dodge yet another bullet this week after Washington moved to bail out Citigroup Inc., the deal's biggest financial backer.

Shares of BCE soared nearly 10 per cent, or $3.39, to $37.94 yesterday on the Toronto Stock Exchange after the U.S. government said a day earlier that it would shield Citigroup from hundreds of billions in losses by injecting $20 billion US of capital into the bank.

Investors in the Canadian phone giant had become concerned about the deal's chances last week as the spectre of bankruptcy was raised at Citigroup.

Such an outcome could put in jeopardy the bank's commitment to funding the $42.75-per-share takeover of BCE by the Ontario Teachers' Pension Plan.

TORSTAR NEWS SERVICE

B.C.'s surplus less than expected

ECONOMY British Columbia's projected budget surplus has dropped by more than half because of the slower U.S. economy and lower personal income tax revenue, provincial officials said yesterday.

The $450-million surplus was short of the $1-billion surplus that officials projected in September. REUTERS

In brief

EARNINGS Royal Bank of Canada said its fourth-quarter revenue would fall 15 per cent to $1.1 billion on trading losses, while TD Bank will sell $1.2 billion in common stock after disclosing $350 million in credit-trading losses in the quarter.

LOSS Royal Bank of Canada said yesterday it expects quarterly net income to drop 15 per cent to $1.1 billion due to credit losses and the effects of the global downturn. REUTERS

Retailers **Holiday sales lure**

SHANNON STAPLETON/REUTERS

A free personalization promotion is seen inside a store in New York City yesterday. Small retailers are adjusting strategies to lure customers from major chains during holiday shopping.

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

SmartCookies

smartcookies.com

Going for broke(r)

If you are considering, even months or years from now, purchasing real estate, then the first person you should be talking to is a mortgage broker. Simply put, mortgage brokers help you find the best rates on mortgage products available at all financial institutions.

What's more, they have the knowledge required to present a proposal for financing to a lender (bank) in the best way possible to successfully obtain your mortgage and deal on your behalf with all potential lenders. Mortgage brokers represent you and not the lender and they come at a price tag that even surprised us: Free, in most cases! Mortgage brokers basically are paid their commission from the institution you end up using as your lender.

When you begin the process of searching for property it is essential to know what you can afford. However, just because you have been approved for a specific amount does not mean you need to take that full amount. Be sure that the mortgage amount and the monthly payments fit into your long-term financial plan.

Here are a few Smart Cookie tips:

Referrals:

Having a referral from a friend, acquaintance or family member is great when trying to find a mortgage broker. Buying a property doesn't always happen overnight, so you could be in this relationship for some time and it's best to find a good fit.

Commissions:

Ask your mortgage broker on what basis they make their recommendations. Mortgage brokers are paid commissions to sell loans, so make sure you ask plenty of questions about the commissions they are paid.

Research:

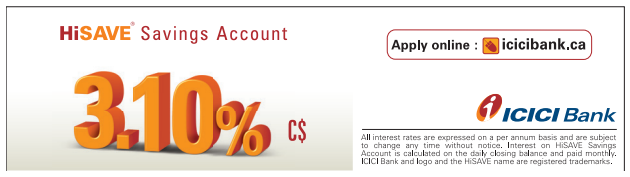
Do your own research via the Internet and phone. Ask what deals mortgage brokers have to offer and if there are any conditions attached. Remember, this home loan is likely to be part of your life for years to come so don't be afraid to ask tough questions.

Stick With Your Gut:

Make sure you feel confident about the person who is organizing your mortgage. Go with your gut on this one — if something doesn't feel right, chances are it isn't.

E-mail questions or comments to smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.



Ontario couple seeks rebate for land taxes

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Three weeks ago, my wife and I purchased our first home. We close two days before Christmas. Our down-payment is minimal and therefore has very little for closing cost. Every dollar will matter. Do we qualify for the Ontario land transfer tax rebate?

Cole and Jen, Ontario

A Congratulations! Very few accomplishments are as satisfying as owning your first home. Although real estate prices have declined, it continues to be a great investment over the long term and the next several months will have many more opportunities for first-time and non-first time buyers alike.

Land transfer taxes (LTT) can be a rude awakening for many purchasers in large Canadian cities, particularly unprepared, first-time buyers. Land transfer taxes are assessed on transfer of property in Ontario and are required to be paid by the purchaser. LTT is based on the value of the property at rates between one and two per cent. On a home of $400,000, the LTT would be in excess of $4,000. Unfortunately, that is not the end of bad news. An additional equal amount of LTT for Toronto homes is expected. That's a whopping $8,000, just for Ontario and Toronto LTT. The following may help you:

- First time buyers may qualify for an Ontario LTT rebate up to $2,000 on purchases of newly constructed homes. Re-sales are disqualified.
- First-time buyers may also qualify for a Toronto LTT rebate up to $3,725 on purchases of re-sale or newly constructed homes.
- Must be at least 18 years old (citizenship not required) and home must be owner-occupied no later than nine months after closing.
- Purchasers (including spouse) must not have previously owned a home anywhere in the world.

You should check with your real estate lawyer to resolve before closing.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Investing

Allan Small

The week's column looks at ways to invest for growth while keeping your principal safe. Visit metronews.ca

Ruling paves the way for Bonds trial

A U.S. federal judge has dismissed several charges against Barry Bonds but has left intact most of the indictment alleging he lied to a grand jury about taking performance-enhancing drugs. The ruling yesterday paves the way for Bonds to go to trial in March. METRO NEWS SERVICES

Sports

Sign of the times

General Motors has ended its nine-year endorsement deal with Tiger Woods amidst the auto industry's worst economic climate in decades. The endorsement deal, believed to be worth at least US$7 million a year, was to expire at the end of 2009. Woods has endorsed GM products around the world and mainly has been seen in Buick commercials. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Canucks: Luongo week-to-week

NHL Vancouver Canucks goaltender Roberto Luongo has been termed week-to-week due to an adductor strain in his groin. With 15:06 left in the first period in Saturday's victory over the Pittsburgh Penguins, Luongo made a pad save but immediately fell down to the ice. Luongo had a career-long shutout streak earlier in the season, going 242 minutes, 36 seconds without allowing a goal. METRO NEWS SERVICES

Luongo

Stamps home for the afterparty

DAN TOTH
for Metro Calgary

The Grey Cup touched down at McMahon Stadium yesterday, the Calgary Stampeders' reward for six months of sweat and bruises.

The newly crowned Canadian Football League champions were still celebrating after returning from Montreal where they defeated the hometown Alouettes 22-14 in the 96th Grey Cup clash. Some wore 2008 Grey Cup Champs T-shirts while others were brandishing bottles of champagne.

Quarterback Henry Burris, the Grey Cup's Most Valuable Player and cornerstone of the championship squad, arrived wearing a black Stetson and carrying the CFL's Holy Grail. According to Smilin' Hank, the team's not done with one.

"The guys love playing in this city, love this team and want to win it again next year right here in Calgary," said Burris, whose Stamps will host the game in November 2009.

The trophy represents Calgary's sixth Grey Cup title since its first championship in 1948 and was the culmination of a four-year rebuilding program under the current ownership regime.

The Stamps finished first in the CFL West Division with a 13-5 record, earning their first bye to the West Final since 2000.

ROBIN KUSINSKI/FOR METRO CALGARY

Henry Burris signs autographs for fans after the Stampeders arrived at McMahon Stadium yesterday.

Although the previous three seasons marked a renaissance for the Stamps, each year ended with a disappointing early exit from the playoffs.

"We came a long way," beamed Stamps receiver Ken-Yon Rambo, a former NFLer and the CFL's leading receiver this season, brought to Calgary in 2005.

"I have been here with the Stamps for four years. The first three years were kind of bumpy. We took a step-by-step, game-by-game approach (this season). We did it. We all came together as one."

"We came a long way. We took a step-by-step, game-by-game approach"
Ken-Yon Rambo

Calgary suffered only one lopsided loss all season — a 37-16 thrashing by Edmonton on Labour Day — when both starting quarterback Henry Burris and backup Dave Dickenson were bounced from that game with injuries.

The Stampeders will get a taste of the pressure the Alouettes felt on Sunday when Calgary hosts the 2009 Grey Cup game at McMahon Stadium. And there's a decent chance the Stamps will be on the field that day to defend their title.

Most of the championship team should remain intact, save for all-star cornerback Brandon Browner who is expected to sign with an NFL team this off-season. Dickenson meanwhile, is expected to retire.

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CRA341CFP Tab 4C - Metro Calgary Calgary/Edmonton WK48

Leafs trade Steen, Colaiacovo for Stempniak
The Toronto Maple Leafs acquired forward Lee Stempniak from the St. Louis Blues yesterday for defenceman Carlo Colaiacovo and centre Alexander Steen. Stempniak has three goals and 13 points in 14 games this season. METRO NEWS SERVICES

Nash a New York kind of guy

YorkReport

Marty York

marty.york@metronews.ca

B.C. native Steve Nash — the finest Canadian basketball player in history — will eventually become a member of the New York Knicks.

That's the word around the NBA, and it's being spread like wildfire by league sources who know their stuff. They predict Nash will be with the Knicks before 2010. Makes sense, too. Nash already has an off-season home in New York. He plays in a Manhattan soccer league during the off-season. And he has gone on record as saying New York would satisfy his cultural interests and foster his filmmaking desires.

There's also the fact that Mike D'Antoni is the new Knicks coach and used to be Nash's coach in Phoenix, where the point guard and the Suns excelled in a fast-paced system that is being introduced these days in New York.

And, oh yes, the Knicks made two trades last week that cleared $27 million U.S. in their salary cap.

• A Knicks team featuring Nash, of course, likely would make life more miserable for their Eastern Conference rivals, including Canada's NBA franchise.

Despite starting the NBA's tallest frontline in 6-foot-11 Jermaine O'Neal, 6-foot-10 Chris Bosh and 7-foot Andrea Bargnani, the Raptors have been playing subpar ball and languish near the bottom of their division with a 6-7 record. And some of the same folks who are whispering about Nash's future in New York are buzzing about what they perceive as the likely firing of Raptors coach Sam Mitchell before the all-star break. Indeed, Mitchell has been getting outsmarted by opponents too frequently this season and it's making NBA types believe they were bang-on a few years ago, when they voted him the league's worst coach in a Sports Illustrated poll.

Not that Mitchell is entirely to blame for the Raps' woes. Club boss Bryan Colangelo also needs to take some heat, for a change. The Raps have virtually no depth — and that's his fault.

• Leftovers from Sunday's Grey Cup turkey:

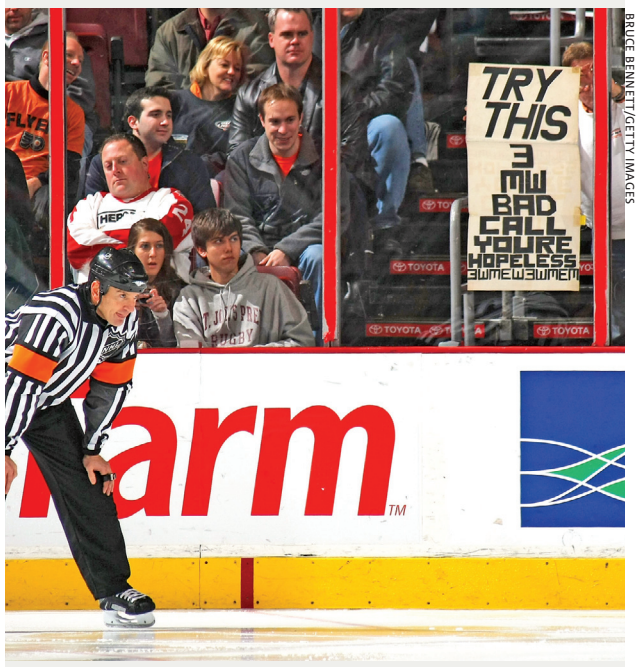
The oddsmakers' line for most of the week was a pick 'em but the Alouettes were favoured by 1.5 points at kickoff, partly because national media types such as Chris Schultz and Stephen Brunt — who seldom dig up new information but often feel inclined to offer up predictions — suggested unabashedly that a home-field advantage would make Montreal a winner over the visiting Calgary Stampeders.

Well, the Stamps' defence and field-goal specialist Sandro DeAngelis dominated the game and led Calgary to a 22-14 victory.

Bottom line: Always consider your sources before wagering on games. And, remember, Metro told its readers last week that Calgary would prevail largely because of its defence and kicker.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

NHL The old eye exam joke



BRUCE BENNETT/GETTY IMAGES

Referee Tim Peel waits for a faceoff after making a penalty call while a fan chimes in with their own view in the Flyers-Stars game in Philadelphia last night. The Flyers won 4-3.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
N.Y. Islanders 4 Montreal 3 (SO)
Florida 3 Carolina 2
Minnesota 4 Washington 3
N.Y. Rangers 4 Phoenix 1
Philadelphia 4 Dallas 3
Vancouver 3 Detroit 2 (OT)
Anaheim 4 Colorado 1

NFL

YESTERDAY'S RESULT
New Orleans 51 Green Bay 29

NBA

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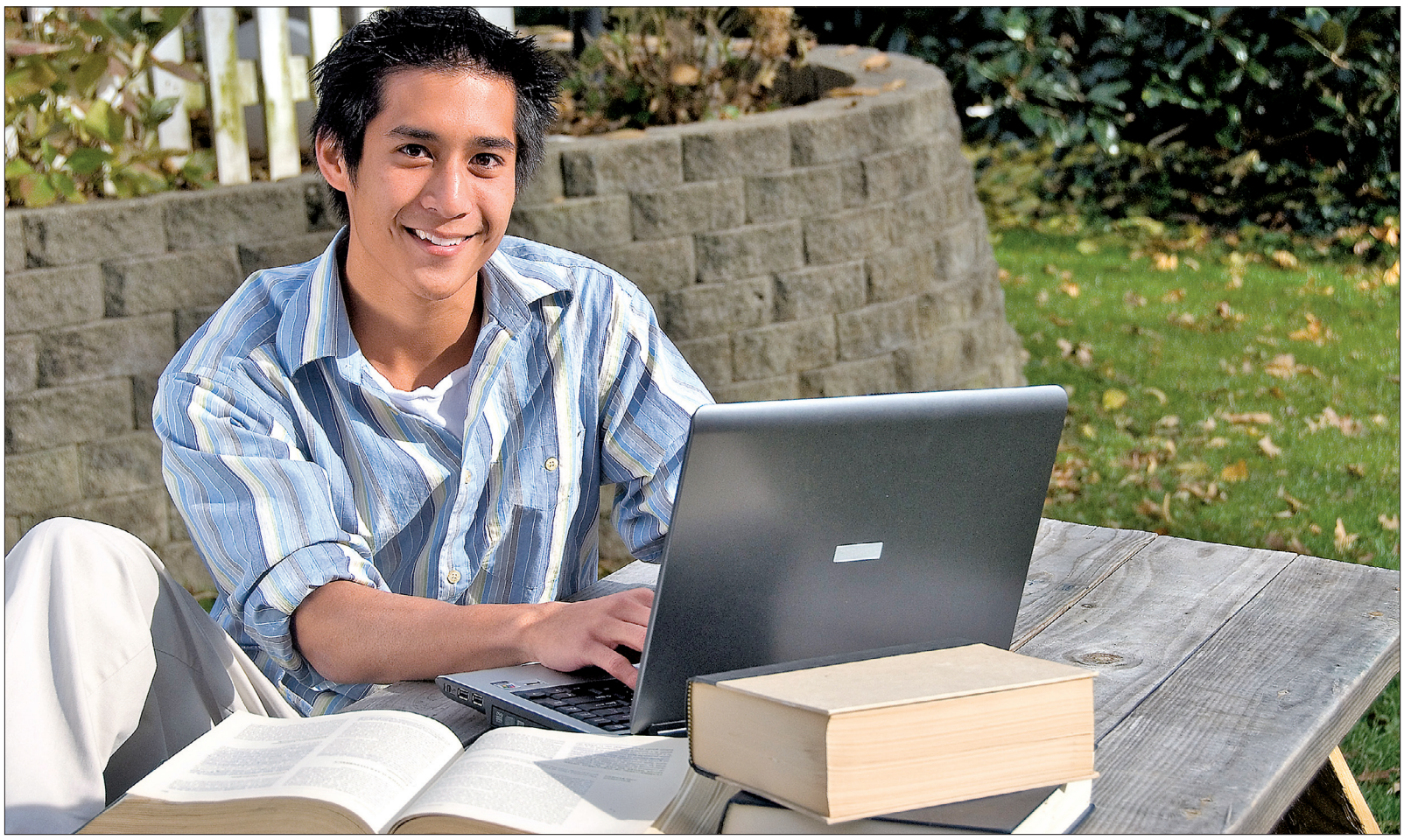
SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Distance learning on the rise

More grads, mature students looking to brush up on skills while working full-time

BRIAN TOWIE
brian.towie@metronews.ca



When job prospects darken, people often return to school to develop new skills — and distance learning is a popular way to do just that, experts say.

Bad times in the economy may mean good times for continuing education, especially in distance-learning programs.

More graduates and mature students are turning to distance-learning courses in lieu of the classroom as a way to brush up on their skills while working or tending to a family full-time.

Some institutions have seen significant growth: Memorial University of Newfoundland, for example, reported an overall 13.1 per cent increase in collective distance education registrations since 2007.

Not much of a surprise to John O'Brien, manager of media relations at Athabasca University, a school that has made distance learning its stock in trade since 1970. When job prospects darken, he says, people often return to school to develop new skills.

"Bad times can be busy times for us," he said. "Perversely, as the economy falters and more people are either laid off or underemployed, we do notice that our business — and this is not a good way to put it because that's not what we're here for — goes up."

The flexibility of distance education, be it online or by snail mail, is a major attraction for those who don't have the time to sit in class, O'Brien says. Unemployed or underemployed mature students, possibly living in rural areas with little or no access to a post-secondary institution or parents who must devote time to raising their kids, may find getting an education at their own pace a viable option.

"What distance learning students can also do is apply their courses towards credit for already existing courses at universities across the country," O'Brien adds.

The current financial downturn may increase enrolment numbers the longer it lasts. The Sloan Consortium, an online tracker of learning trends in the U.S., conducted a survey that found some 3.94 million students enrolled in at least one online course in the fall of 2007 in that country, an increase of 12.9 per cent from the previous year. According to most respondents in the survey, worsening employment opportunities contributed to the growth.

In Athabasca's case, graduate registration rates rose by 5.6 per cent between the 2003-04 school year and 2007-08. O'Brien notes this is a double-edged sword: Revenue increases for schools offering distance-learning programs, but so do the costs of operating them and adapting them to a changing economy.

As classes grow — especially in open-university courses that require no previous requirements — more resources are needed to handle the volume of students.

"We don't want to see the economy tank," he added.

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Education as insurance

Continuing education can be vital to small businesses

ERIC EMIN WOOD
for Metro Canada

Many schools offer short-term education courses to small business owners.

Becoming a small business owner involves risk and making a long-term commitment — so it's good to know that no matter where you are, there are short-term continuing education courses available to make for a more calculated transition.

"When you're starting up a small business, you need to know the financial aspects" of running one, says Mark Broverman, a coordinator of corporate training with NorQuest College in Edmonton, who used to run a small business of his own.

NorQuest offers an administration professional certificate program, which allows students to specialize in accounting, project management and financial management, among other things.

Courses are offered as workplace-based workshops or two-day seminars on campus. "We have instructors that go all over Alberta," says Broverman.

NorQuest's courses are also offered online, with students from across Canada signing up. "It's perfect," says Broverman, "because a lot of people don't have the time to go to full-time courses."

The University of Toronto's School of Continuing Studies recently began offering a certificate in professional sales and sales management. Students enroll in two courses, which are taken once a week over two semesters.

"We cover a standard, business-to-business, 10-step process that every professional salesperson, regardless of industry, goes through," says Earl Robertson, a professor who teaches both courses. "Every industry has sales, so you're hard-pressed to find an industry or company that doesn't need what we do."

"When the economy goes south ... you have to know how to sell."
Earl Robertson, professor

The first course, professional sales practices, covers such topics as prospecting new customers, doing an effective needs analysis and processing through influencers. "We're covering 40 different competencies that people have to be effective at in the sales role," says Robertson.

The second course, professional sales management, covers "the A through Zs of recruiting, compensation, field coaching, sales meetings and picking a CRM," Robertson says. "It's a very comprehensive program for anyone that's in a sales, supervisor or management role."

Unlike NorQuest's courses, the professional sales and sales management certificate isn't offered online. However, Robertson stresses the program's importance to small business owners.

"When the economy is good, salespeople can be order-takers," says Robertson. "But when the economy goes south, you can't just be an order-taker anymore, you have to know how to sell."

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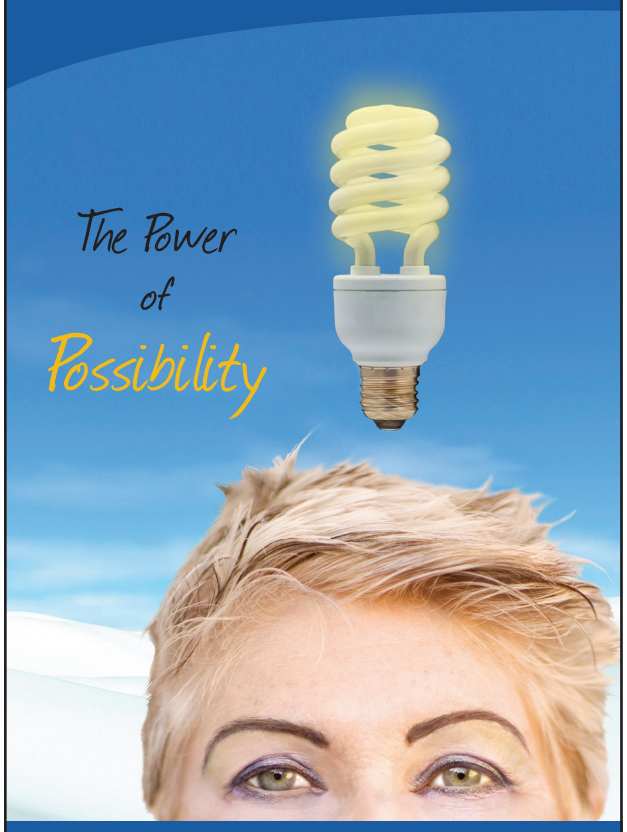
Continuing Education



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Opening new eyes to the Arctic

JON TATTRIE
for Metro Canada

Southerners tend to treat the north as a giant freezer where we keep our natural resources, but it's a vibrant, beautiful and culturally fascinating region, says Dr. Trudy Sable of Saint Mary's University in Halifax.

Sable teaches The Arctic Culture Area, an online course offered in co-operation with the virtual University of the Arctic. It joins English-speaking students from Canada, Alaska, Norway, Greenland, Russia and other Arctic regions.

"The idea is to familiarize students with the various circumpolar cultures, as well as the environment in which they live and the challenges of who they are throughout the world," Sable says. "You've got different government structures, cultural influences, and there are also shared environmental factors."

The resource-rich north has been in the news lately as an area of polarizing tensions between nations. Many occupants of the north, like Laplanders and the Inuit, have traditional homelands stretching beyond modern national boundaries. "If you look at it from prehistoric to historic times, you have to look at all those border issues that have grown up," Sable says. "Most of the curriculum up in the north is southern, so this is a great way to transcend those barriers. I do a lot of work with the Innu First Nations in Labrador, and so I'm really aware of the huge amount of activity, from mining to development to forestry and so on.

CHRIS JACKSON/GETTY IMAGES
Midnight sun reflects off the face of ridges on the West Coast of Spitsbergen on the morning of Midsummer on June 21, 2008, in Longyearbyen, Norway.

"It really is eye-opening to realize it's not this big blank space up there." Trudy Sable

"It's phenomenally beautiful," she says of the north. "You've got this tremendous, fragile ecological system that really needs to be protected. Of course, everybody's looking to it for gas and natural resources now, and that's scary."

Plans are afoot to create a northern university in Canada, as it is the only Arctic country without one.

There are similarities among northern cultures, but there are huge differences between coastal and inland people, as well as between countries due to language and history.

"It really is eye-opening to realize it's not this big blank space up there," Sable laughs. "It's amazing how much takes place up there."

Some continuing education courses in Calgary

Below are some courses available if you're looking for something a little out of the ordinary:

- **Team Creativity, Disney Style:** This one-day course studies how The Walt Disney Company taps into its workforce for creative solutions and inspiration. At Mount Royal, Lincoln Park Campus, 4825 Mount Royal Gate SW. Wed., Feb. 18, 2009, 8 a.m.-4:30 p.m. For more, e-mail cebusiness@mtroyal.ca, call 403-440-6861 or 1-888-392-3655, or go to mtroyal.ca. The course is $379+GST if you register before Jan. 4, or $399+GST afterward.
- **Standard First Aid with CPR Level C:** This 16-hour course at Bow Valley College teaches you the skills and confidence necessary to save someone you love, or even yourself, in an emergency. Endorsed by professional firefighters and emergency responders, this course teaches first-aid treatments for fractures, burns, poisonings, cuts, wounds and other injuries. Contact 403-410-1499 or e-mail firstaid@bowvalleycollege.ca for more. The course is $120+GST.
- **The Television Age:** This Athabasca University course introduces students to the technology, politics, economics, philosophy, ideology and morality of television. Students registered in this course may take part in computer conferencing. Viewing of specified dramas, feature films and Movies of the Week is also recommended. Go to athabascau.ca/courses/cmns/423/ for more.

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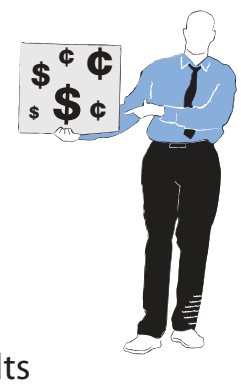

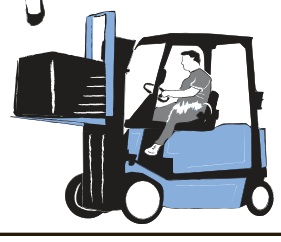

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Symphony of success

Intro to classical music offered with Philharmonic

EVA LAM
for Metro Canada

Most university students learn in a classroom. Students in Tom Mirhady's class, however, learn in a concert hall.

That's because Mirhady teaches Evenings with the Calgary Philharmonic, a new continuing education course offered by the University of Calgary in co-operation with the Calgary Philharmonic Orchestra. The non-credit course introduces students to the world of symphonic music through not only lecture and discussion, but also attendance at select CPO concerts.

"Really, the goal of the class is to try to make students feel more at home attending concerts," says Mirhady. "(It's) a way to nurture new audiences by providing them with more information and a stronger connection to the orchestra."

Mirhady is more than an instructor for the course. He is in his 30th season as a cellist with the CPO, meaning his students will see him both in lecture and in concert.

Although this is the first year the University of Calgary has offered this course, Mirhady taught a similar course for the Calgary Board of Education in the '80s. This experience made him the perfect candidate when U of C approached the orchestra about collaborating.

Jon Malinowski, program director of continuing education at the university, says the school has offered a similar course in opera in the past.

Evenings with the Calgary Philharmonic is available through the University of Calgary.

"We like to reach out into the community to create interest in culture," says Malinowski. "There's a natural link, I think, between university and that type of cultural experience."

Mirhady's course gives students a practical, insider's look at the orchestra. Half of each two-hour class is spent listening to recordings and highlighting special features in the piece to listen for at that week's concert. The class ends with an additional guest musician from the orchestra coming in to demonstrate his or her instrument and talk about its history and role in the orchestra.

Classes for the fall semester have ended, but the course will be offered again in February. Like the first time, the course fee ($210, before GST) includes four concerts and four "preview sessions," but students now have the opportunity to attend a dress rehearsal as well.

Mirhady, who teaches both a 50-plus and an all-adults class, says his students range from music novices to those with some background in music. One student could even be considered an expert — though in a decidedly dissimilar genre.

"There was a young man actually who has done some composing of electronic music," says Mirhady. "He always felt that classical music was a gap in his background so he thought this would be a good way to fill it in."

Demographics changing in the classroom

SUZANNE BOWNESS
for Metro Canada

A few years ago, Valentina Gal might not have been called a typical student. Yet the face of continuing education has so eclipsed the traditional student stereotype that Gal — an older, blind, divorced mother of three grown children who already has a graduate degree in literature — fits right in.

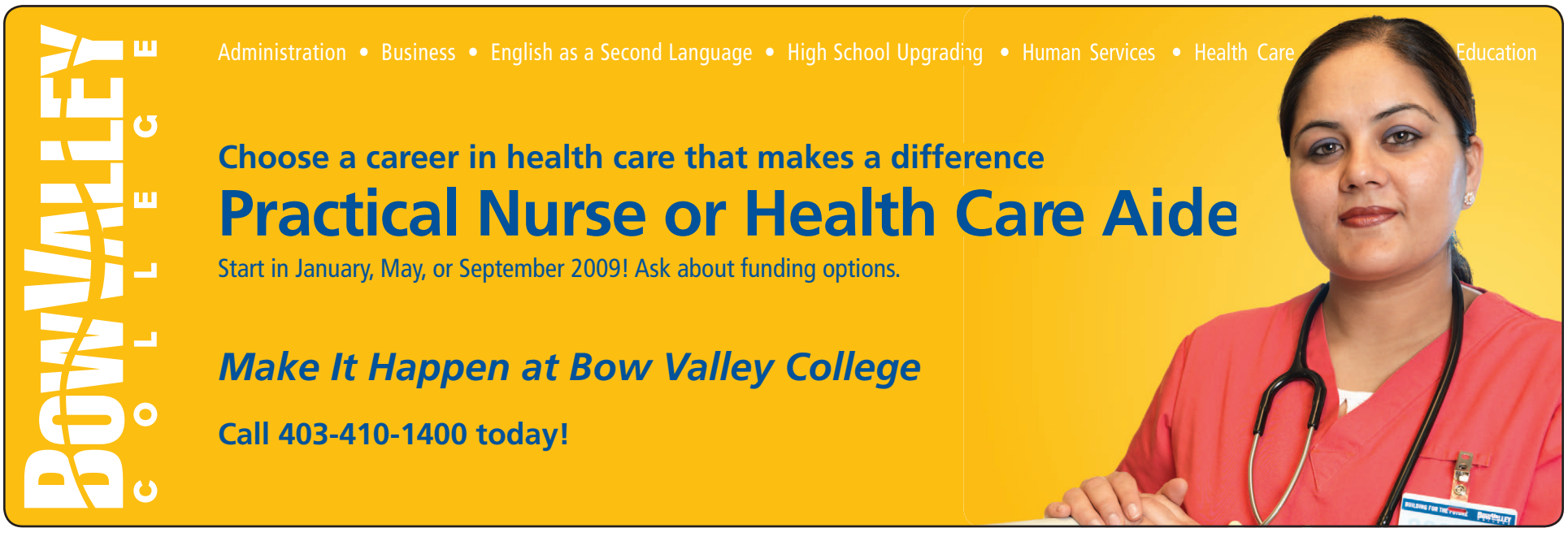
Today Gal takes writing courses, where she says she derives significant benefits from the fellow students she now calls friends. "You get a lot of different points of view, particularly when you have fellow students from Mauritius, India and Guatemala," she says.

Gal says these perspectives help her gain insights for her own project to write the experiences of her Ukrainian immigrant parents. Her blindness is almost a secondary thought, and comes up only as she describes the need to print her workshop assignments in Braille for herself and regular type for her sighted classmates.

At McGill University in Montreal, continuing education co-ordinator and public relations instructor Elizabeth Hirst sees larger numbers of women, as well as new university graduates who have just finished their undergraduate degrees but who are looking to applied programs for more specific qualifications to enter the job market.

As an instructor, the challenge is to balance this growing demographic of younger learners looking to specialize with the growing demographic of older learners upgrading their skills. Anne-Marie Brinsmead, associate program director of arts at Ryerson's G. Raymond Chang School of Continuing Education in Toronto, identifies about one-third of students as Boomers in their late 40s and 50s and two-thirds as the 18- to 25-year-olds of the "echo" generation.

"Older learners are happy to rub shoulders with younger people. And often 20-somethings will say they learned so much from older students due to their applied work experience."



Working in health care can be risky, study shows
A new study from the Centers for Disease Control and Prevention shows that health care workers are more likely to die from bloodborne infections and related illnesses than people working in other occupations. REUTERS

Health

Have a helping of mighty capers

Having a steak or burger? Add a sprinkling of capers. An Italian study published in the Journal of Agricultural and Food Chemistry found that capers contain isothio-cyanates, compounds that are thought to help protect against cancer. Capers, the pickled buds of a Mediterranean flower, are especially good for people whose meals are rich in fats and red meats, say researchers from the University of Palermo. BEST HEALTH MAGAZINE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Avoid spreading tooth decay

Parents should be wary of bacteria in their mouths

Mothers can transmit germs that could lead to tooth decay by licking a spoon and then using it to feed her baby.

CELIA MILNE
for Metro Canada

You may not realize it, but your mouth contains bacteria that can spread to your children and harm their teeth.

That is one of the messages in a new campaign recently launched by the Ontario Dental Association.

"Only nine per cent of the public realizes that tooth decay is an infectious illness," says Dr. Ian McConnachie, past-president of the Ontario Dental Association and a pediatric dentist in Nepean, Ont. "They don't realize it can spread from person to person or within the mouth."

Tooth decay is caused by bacteria. These germs don't exist in babies' mouths when they are born, but can be transmitted to them, "usually from mom," says Dr. McConnachie. For instance, before putting the soother in her baby's mouth, she licks it. Or she licks a spoon and then uses it to feed the baby. Once in the baby's mouth, the bacteria grow and eventually cause tooth decay.

"We are seeing tooth decay in children rising at a rapid rate," says Dr. McConnachie. Over the last 25 years, rates of tooth decay in North America had been declining, but in the last five to 10 years, they have started to creep back up, he says. In some regions, more than half of kids have cavities by the age of five.

To prevent tooth decay, children should begin seeing a dentist regularly before their first birthday, according to the ODA. Dental health programs provided by the government should target preschool kids, says Dr. McConnachie, instead of waiting until children already have tooth problems.

> **"We are seeing tooth decay in children rising at a rapid rate."**
> Dr. Ian McConnachie

Tips for parents

There are some measures parents should take to avoid tooth decay in children:

- If your baby sleeps with a sippy cup, fill it only with water.
- Look at your child's teeth. Watch for lines, spots or changes in colour, which could be signs of decay.
- Change your child's toothbrush every one to three months or after an illness.
- Do not share spoons, cups, food, toothbrushes.
- Do not lick your baby's soother.
- Help your child brush his/her teeth.

CELIA MILNE/FOR METRO CANADA

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Number of asthma cases inflated

Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, research out of the University of Ottawa suggests. **TORSTAR NEWS SERVICE**

Health in brief

RESEARCH Drinking alcohol and smoking cigarettes appear to increase the risk of certain common throat and stomach cancers, Dutch researchers reported recently. The findings, presented at an American Association for Cancer Research meeting in Washington, underline other health recommendations for people to follow a healthy lifestyle. **REUTERS**

Dating for a good cause

The J Spot

Josey Vogels

Sex talk with Josey

A recent article argued for the need of a "Date Local" movement to reverse the carbon print caused by long-distance romance.

This time of year tends to bring out our charitable side. And these days, it seems, one can do anything to raise money for a good cause. Even date.

"The Vancity Bachelor" has vowed to donate $5,000 to a local charity in the name of the person who introduces him to his future wife. The Vancouver man, who wishes to remain publicly anonymous, is apparently a successful career man (he cites his devotion to his career as one of the reasons he is still single) who is ready to settle down and start a family. He frowns upon nightclubs and dating services as ways to meet the love of his life and instead is willing to enter into an e-mail correspondence (Vancitybachelor@gmail.com) with any interested parties to determine if there is enough of a connection to start dating.

Donating to charity isn't the only way one can date conscientiously. A recent article at Slate.com argued for the need to create a "Date Local" movement to reverse the carbon print caused by long-distance romance. Just as the local food movement encourages us to eat only what is produced within a 100 mile radius of our homes, the article encouraged people to start thinking in terms of "sex miles" (the distance someone travels to hook up with you) and date sustainably by becoming a "locasexual."

If you must date long distance, you can at least do what a friend of mine does when she travels to Dallas to see a guy she met online. When she books Air Canada, she pays $6.40 for the airline's carbon footprint offset option. When she gets a better deal through another airline, she goes to zerofootprint.net and calculates what her carbon footprint is for her trip and then purchases offsets at the site's ZeroFootprint Carbon Shop.

With a little conscious effort, dating and sex can feel good in a whole new way.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Twilight sequel in the works
Actor Rob Pattinson has reportedly confirmed there will be a sequel to vampire love story Twilight, and he will star in the epic. Producers want to capitalize on Twilight's success by turning Meyer's second book, New Moon, into a followup film. **IMDB.COM**

Entertainment

No Doubt tour

No Doubt (front woman Gwen Stefani, left) is to reunite for a tour in 2009 as the band puts the finishing touches on its first studio album in seven years.

BBC NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Woman in red is smiling

U.S. political shift puts grin on face of singer-songwriter Ani DiFranco

ROB MCMAHON
for Metro Canada

Red Letter Year is the latest album from Grammy-winning singer-songwriter Ani DiFranco.

For Ani DiFranco — and as she describes it, much of New Orleans — it's been a Red Letter Year.

DiFranco, who's just released an album of that name and moved to the Big Easy, described neighbours congregating on streets and popping champagne bottles after the recent presidential election.

"There's this incredible feeling, people are so full of joy and hope … I tear up when I think about it," said DiFranco. "I've heard people describe (the election results) like a perfect Christmas."

The political situation is just one reason the eclectic punk-folk artist is grinning. She's now a mother, with little Petah Lucia serving as a muse. Her partner and co-producer Mike Napolitano adds new layers to her poetic lyrics and rhythmic compositions, bringing in instruments like a vibraphone and marimba, and committing what DiFranco jokingly calls the "blasphemy of blasphemies": muting the guitar on beat-heavy tracks like Smiling Under.

While DiFranco is no stranger to creative conflict — an esthetic reflected in her resolutely DIY ethos, her trademark slapstrum guitar and her willingness to self-reflexively tackle political issues in her lyrics — this year finds her a lot more chilled-out. From the mellow dedication to her daughter Present/Infant to the raucous, horn-heavy closer Red Letter Year Reprise, DiFranco sounds happy. Could be the gumbo: She described New Orleans as vibrantly alive, despite ongoing lackadaisical government response to the devastation of Hurricane Katrina.

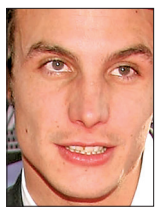
"A lot of people are rebuilding by pulling themselves up with their own bootstraps, and in a lot of areas of town — the most devastated areas — nothing has improved."

"There's this incredible feeling, people are so full of joy and hope … I tear up when I think about it." Ani DiFranco

That said, DiFranco remains an optimistic activist, and not just politically. New distribution tools like the Internet help independent musicians, but accompany an explosion of touring bands that can no longer rely on record sales, leading to more competition for venue space. But the self-described "tour warrior" welcomes the challenge — and the chance to continue building community through music.

"There's nothing that approximates the experience of having hope and getting together with people and experiencing each other — hearing live music for real. That's how I built my career," she said. "I don't know the future of the music industry, but I do think that social interaction will triumph."

Fielder-Civil loses appeal



Fielder-Civil

PEOPLE The husband of British soul singer Amy Winehouse lost a High Court appeal yesterday against a 27-month jail sentence for attacking a pub landlord in 2006 and then trying to cover it up. Blake Fielder-Civil's legal challenge was rejected by the Court of Appeal in London.

"I am disappointed but not really surprised," he said after the hearing.

Boy George goes to trial

PEOPLE Singer Boy George handcuffed a male escort to the wall of his London home after accusing him of hacking into his computer, a court heard yesterday at the start of his trial on false imprisonment charges.

The former Culture Club frontman, being tried under his real name George O'Dowd, made contact with 29-year-old Audun Carlsen over the Internet and the pair arranged to meet for a pornographic photo shoot. **REUTERS**

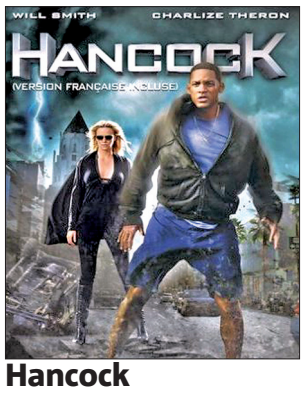
In brief

MUSIC Missing Manic Street Preachers guitarist and songwriter Richey Edwards has been declared as presumed dead, 13 years after he disappeared, a spokesman for the band said yesterday.

"There has been a change in his legal status," said the spokesman for the Welsh rock band, adding that his parents had been granted a court order to that effect. **REUTERS**

MJ avoids court showdown: Pop star Michael Jackson has reached a last-minute settlement in his court case against a sheik of Bahrain. **E! NEWS ONLINE**

DVD picks



Hancock

Director: Peter Burg
Rating: PG-13

ROUSED from his alcoholic stupor to stop a high-speed chase on a Los Angeles freeway, grumpy superhero John Hancock (Will Smith) causes nearly $10 million in property damage. The city's gratitude is muted by complaints that his cure for crime could push L.A. into penury. Thanks for nothing, man!

All of which makes Hancock one of the most realistic and stimulating superhero movies in a long while, until it slams into a brick wall about an hour into its 92-minute run.

Hancock, who is like Superman with bad manners and a major attitude, isn't the least bit contrite or polite. But things change after Hancock saves public relations image-maker Ray Embrey (Jason Bateman) from a fatal collision with a train. Ray sees Hancock as a rough gem in need of some polishing, which he intends to provide.

Hancock is still worth seeing, if only for a glimpse of what might have been a truly innovative idea. As it is, the movie is as rough around the edges as Will Smith's ham-fisted hero.

Available in various digital denominations, with extras that include an extended director's cut, and behind-the-scenes looks at the stuntwork and CGI wizardry.

Fred Clause

Director: David Dobkin
Rating: PG

"YOU can't a-fool a-me!" Chico Marx once told brother Groucho, comically and contractually speaking. "There ain't no sanity clause!"

Yes, but sadly there is Fred Claus, a holiday movie letdown similarly lacking in logic. It senselessly dims an idea that should shine as brightly as Rudolph's nose.

It's the high-concept joke about what might happen if Santa Claus (Paul Giamatti) had a troublesome older brother named Fred (Vince Vaughn) who resented his younger sibling's success, happiness and maternal devotion.

Vaughn immediately demonstrates why he's all wrong for a role in a movie aimed at kids. Working as a Chicago repo man, repossessing a young girl's TV set, he launches into a machine-gun volley of verbiage. Kevin Spacey also chews the pine cones in his villainous role.

Then there's the ham-fisted direction of David Dobkin (Wedding Crashers) and knuckle-dragging humour of screenwriter Dan Fogelman (Cars). Far from being a new Christmas classic, this is a tale you'll never want to hear told again.

The highly unnecessary extras include a director's commentary and 25 minutes of additional scenes.

TORSTAR NEWS SERVICE

Legal Seagal
Action star Steven Seagal, right, is to take part in a new reality series which will chronicle his little-known role as a police officer in Louisiana. Seagal has been a fully commissioned deputy at the state's Jefferson Parish Sheriff's Office for the last 20 years. IMDB.COM

IntelleVision makes amends

DON'T SHOOT THE MESSENGER: Yesterday's column on CTV's recent woes ended up feeling like an argument at a dinner party, right down to the hurt feelings and regrets, and the half-hearted apology the next day after the wine hangover wore off.

An e-mail from the network is prompting the latter though, like the dinner party fracas, it probably won't satisfy everyone.

Susanne Boyce is CTV's President, Creative, Content and Channels; Suzanne Boyd is the onetime editor of Flare, the fashion magazine. Writing in haste made me confuse one with the other, which gives you some idea of the mnemonic wasteland that too many years in the media can leave in their wake — mea culpa.

And the reason that three recently cancelled ABC shows (Eli Stone, Pushing Daisies, Dirty Sexy Money) don't show up on CTV's website is because they were on A Channel, the network's

IntelleVision

kid sister channel in the CTVglobemedia family tree, though in the end the difference simply boils down to separate columns in the media conglomerate's spreadsheets. Mea sorta culpa, in other words.

The e-mail pointed out that CTV's main competition, Global, has been suffering more from cancelled U.S. series (My Own Worst Enemy, The Ex List) and underperforming onetime hits (Heroes, Prison Break).

Which is true, but it doesn't diminish the undeniable fact that network prime time is experiencing an annus horribilus, just after a couple of consecutive annus bringdowns, and as a prelude to what looks like an annus craptacular.

CTV still retains its No. 1 status, but as a recent Variety article pointed out, total viewership in Canada is down, and the network is sharing the 18-to-24 demographic neatly with Global, the competition, which still has House and Survivor.

Another recent Variety article (compares) the networks to the Big Three auto manufacturers, finally reaping the whirlwind of a downturn that everyone saw coming.

CTV will probably keep the upper hand thanks to So You Think You Can Dance and Canadian Idol in its U.S. and Canadian iterations, but this is the only sort of TV where you can rely on strong, easily measurable morning-after ratings: Shows that play "live," instead of encouraging difficult-to-measure delayed DVR viewing or streaming views on network websites.

Another recent Variety article paints an even bleaker picture, comparing the networks to the Big Three auto manufacturers, finally reaping the whirlwind of a downturn that everyone saw coming.

Viewership in the 18 to 49 demographic has fallen a further 13 per cent this year so far, and the numbers that make a show a hit would have been mediocre a few years ago.

"How low can they go?" the Variety piece asks. "And at what point can the networks no longer monetize ratings that don't look much better than cable?"

Rick McGinnis writes about music, movies, books and television, but not opera.

Roxy members pursue solo work

MUSIC As work continues on a new studio album by Roxy Music, various members of the pioneering British rock band are pursuing solo ventures.

Roxy saxophonist and oboe player Andy Mackay launched his new band, the Metaphors, with a London performance at the Pigalle Club last week.

The band played tracks from its instrumental album London! Paris! New York! Rome!, due for worldwide release Feb. 22.

Meanwhile, Roxy guitarist Phil Manzanera's new album, Firebird V11, was released in the U.K. on Nov. 10, the same day as a career retrospective, Music 1972-2008, which comprises two CDs and a DVD.

REUTERS

GlobalStyle

Exclusively at metronews.ca/globalstyle

Tribeca film fest looks to Qatar

FILM New York's Tribeca Film Festival, founded by actor Robert De Niro, plans to stage a new festival in the Gulf Arab state of Qatar next year.

Created as a way to rejuvenate lower Manhattan after the 2001 al-Qaida attacks, Tribeca has become a showcase for international films with a political edge, and organizers said the Tribeca Film Festival Doha would do the same.

The first festival will take place in November 2009 at the new Museum of Islamic Art and at cinemas across the Qatari capital of Doha.

"The festival will include ... outdoor screenings to movies for children, from documentaries to new Hollywood releases and from independent films to showcases of the very best works by Arab filmmakers," said Abdullah Al Najjar, chief executive officer of the Qatar Museums Authority.

REUTERS

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	243	317	3 CFCN	etalk	Hollywood	Without a Trace		Law & Order: SVU		Dancing With the Stars		
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	A Charlie Brown Thanksgiving		Dancing With the Stars		
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	NCIS "Dagger" (N)		House "Last Resort" (N)		(10:08) Kitchen Nightmares		News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged		Rita Rocks	Rita Rocks	Hates Chris	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Le Débat des chefs (N)				Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS "Dagger" (N)		The Mentalist (HDTV) (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (N) (DVS)		Wild! The five big cats.		Frontline (HDTV) (N) (DVS)		
	502	390	15 CBC	CBC News: The National		Cubers (N)		CBC News: The National		CBC News: The National		Cubers
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	House "Last Resort" (N)		(10:08) Fringe (N)		News (N)
	297	652	37 WPIX	(6) *How to Deal* ★★ (2003)		CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	Boxing: Lacy vs. Taylor		SportsCentre (HDTV) (Live)			In This Corner	UEFA Champions League Soccer		
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	410	403	30 SCORE	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score
	411	457	44 OLN	Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks	Pass Time	Low Life	Low Life	Super Bikes!
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
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	555	545	67 TOON	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad
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	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	The Best Years (DVS)		The Biggest Loser: Families (N)				News (N)
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	602	568	23 W	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		My Shocking Story		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	The F Word		Chef School	At the Table	Restaurant Makeover		Challenge Chocolate art.		The F Word
	615	520	26 A&E	The First 48 "Blackout"		The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield
	601	562	33 SLICE	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean
	-	633	34 ENC2	*Golden-Sinbad*	*Baby on Board* ★ (1991, Comedy), Carol Kane			*Look Who's Talking* ★★ (1989, Comedy)			*Look Who's Talking Too (1990)*	
	520	505	35 DISC	Destroyed	Destroyed	Dirty Jobs		Daily Planet		Destroyed	Destroyed	Dirty Jobs
	620	523	36 BRAVO	Crossroads of Rock N' Roll		Bravonews	Side-Dick Dale	Law & Order "Patsy"		Without a Trace		*Fire-Amazon*
	294	650	40 WPCH	(6) *After the Sunset* (2004)		Steve Harvey	Family Guy	Family Guy	Seinfeld	*After the Sunset* ★★ (2004, Comedy-Drama)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	(6) *Cleopatra* ★★★ (1963, Historical Drama) Elizabeth Taylor, Richard Burton.						(10:15) *Rio Grande* (1950, Western)		
	628	584	43 SPIKE	*Star Wars: Ep. III*		MANswers	MANswers	MANswers (N)	MANswers	CSI: NY "A Man a Mile"		Trek: Voyager
	522	516	45 HIST	Outlaw Bikers		NCIS		Outlaw Bikers		Ax Men		NCIS
	627	528	46 SPACE	Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1		Lost		Deep Space 9
	-	-	47 AMC	(6) *Geronimo: An American Legend*			*Silverado* ★★★ (1985, Western) Kevin Kline, Scott Glenn, Kevin Costner.					
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Commander
	269	350	93 APTN	Wings-Canada	Great Towns	Wapos Bay (N)	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
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	571	581	100 MMM	Popaganda		Don't Forget the Lyrics!		Party of Five		Don't Forget the Lyrics!		Party of Five
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	581	566	102 MTV	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live	After	Super Sweet	The Hills	Paris Hilton

critics' corner

The Tudors
Someone send her a copy of "He's Just Not That Into You." There just isn't a lot of security in being hooked up with Henry VIII, as Anne Boleyn discovers once again when the king makes his newest love interest, Jane Seymour, a lady in waiting. Later, when the king is injured in a jousting match, everyone starts thinking about his successor. 9 PM on CBRT

A Charlie Brown Thanksgiving
Who says you can't have popcorn and toast for Thanksgiving dinner? That's the menu when Snoopy is put in charge of making a feast for the Peanuts gang. But Peppermint Patty throws a fit and almost ruins the holiday with her attitude. Luckily, this annual classic is a Charlie Brown cartoon. 9 PM on KXLY

The Biggest Loser: Families
It's Thanksgiving week at the ranch, and contestants will be celebrating with turkey, football and very special guests. Professional football players Jerry Rice and Steve Young put the contestants through NFL-style drills while celebrity chef Rocco DiSpirito shows the contestants how to make a healthy version of a traditional Thanksgiving dinner. 9 PM on CHTV KHQ

Tyra's show to slim down

Tyra Banks is facing a raft of cuts to her daily show, as U.S. networks feel the pinch of the global economic downturn. The Tyra Banks Show is to move to the CW network's afternoon slot and will see the production schedule cut to reduce costs. **IMDB.COM**

Celebrity Buzz

Jolie pleased to be aging

BEAUTY Angelina Jolie only started to be happy with the way she looked when she became a mother because it gave her face more character, imdb.com reports.

The actress and her partner Brad Pitt have adopted Maddox, 7, Pax, 4, and Zahara, 3, and biological children Shiloh, 2, and baby twins Knox and Vivienne.

And it was only when she welcomed the twins that Jolie began to appreciate her appearance.

"I know this is going to sound corny, but I first became happy with the way I look when I became a mother. There's this idea that beauty is when someone does your hair and puts a lot of makeup on you and sticks your face on the cover of a magazine. Is that beauty?" she tells Britain's You magazine. Jolie is pleased she is getting older, because she is looking more like her late mother, Marcheline Bertrand, who died last year from cancer.

"You know what is beautiful? My mom. She was beautiful to me, and I look more like my mom as I get older," Jolie adds. "Something else comes out of you when you become a parent and, as you get older, you start to see more character in your face. Now, when I look at myself, I just see somebody at peace, and I see a mom, and I see my own relatives in my face — and that's a kind of beauty that exists for everybody and doesn't disappear."

METRO NEWS SERVICES

Madonna trying to coax Spears back

RELIGION Madonna has offered Britney Spears full use of her New York home in a bid to tempt her back into her Kabbalah religion, according to reports.

The pop star is allegedly keen to get Spears back into studying the ancient faith, an off-shoot of Judaism, femalefirst.co.uk reports. Spears reportedly turned her back on Kabbalah after giving birth to second son Jayden James in 2006, when she declared, "I no longer study Kabbalah. My baby is my religion."

A source tells Britain's The Mail on Sunday, "Madonna is determined she can get Britney back into Kabbalah. She has offered her a suite of rooms at her apartment in New York and has told Britney she is her surrogate mother. Britney used to wear the red Kabbalah bracelet and read the books Madonna gave her and she is thinking about giving it another chance."

A spokesman for Spears has refused to dismiss the reports, saying, "Britney wouldn't really comment on that, it's just a case of wait and see what happens."

METRO NEWS SERVICES

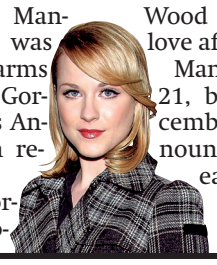
Fox doesn't think of herself as foxy

BEAUTY Transformers star Megan Fox, 22, was recently voted Sexiest Woman in the World by FHM magazine, but she is unconvinced by the praise. "I don't think I'm a sexy, beautiful woman," Fox tells GQ magazine.

METRO NEWS SERVICES

Wood moves on to Gordon-Levitt?

RELATIONSHIPS Actress Evan Rachel Wood has sparked reports she's moved on from her romance with rocker Marilyn Manson after she was spotted in the arms of actor Joseph Gordon-Levitt in Los Angeles, imdb.com reports.



Wood and Gordon-Levitt appeared together recently at the Hamilton Behind the Camera Awards. According to the National Enquirer, Wood has ignited a new love affair.

Manson, 39, and Wood, 21, began dating in December 2006. They announced their breakup earlier this month.

METRO NEWS SERVICES

Stewart putting school on hold

EDUCATION Actress Kristen Stewart has put her dreams of attending a prestigious American university on hold because she has "an authority issue," imdb.com reports.

The 18-year-old Twilight star has yet to finish her high school studies, since her acting career has skyrocketed with attention from the new vampire film.

"It's sort of embarrassing but I'm finishing my last year of high school," she says. "It's been a bit of a rough road. I'm entirely self-indulgent and I put things off so I just took a little longer but it's OK. I have a bit of an authority issue. I've grown up saying, yes, I'm going to get to an Ivy League (private university). I definitely have a future in academics, it's just not a really conventional one. I don't know what happened but I'm going to do my own thing for a while."

METRO NEWS SERVICES

Paltrow nets six-figure paycheque

SPOKESPERSON Actress Gwyneth Paltrow has scooped a six-figure paycheque after signing on as the spokesperson for American Express credit cards, imdb.com reports.

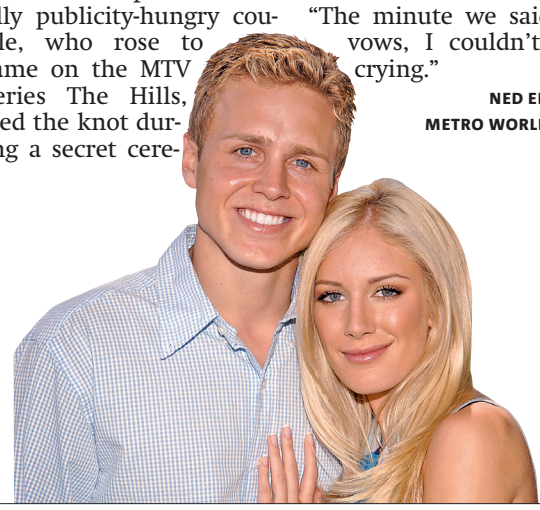
Paltrow will feature in a series of new advertisements to promote the financial firm, adding to her portfolio as the face of cosmetics giant Estee Lauder and fashion house Tod's.

METRO NEWS SERVICES

Heidi, Spencer elope

WEDDING Reality TV stars Heidi Montag and Spencer Pratt have eloped. The usually publicity-hungry couple, who rose to fame on the MTV series The Hills, tied the knot during a secret ceremony in Mexico. Montag confirmed the news to PerezHilton.com, saying, "The minute we said our vows, I couldn't stop crying."

NED EHRBAR/ METRO WORLD NEWS

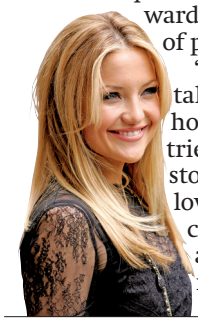


GETTY IMAGES PHOTOS

Hudson's shoe addiction

FASHION Kate Hudson owns "more than 400 pairs of shoes," femalefirst.co.uk reports.

The actress reportedly finds it difficult to restrain herself when she sees footwear she wants to buy and consequently has a wardrobe full of pumps.



"I'm a total shopaholic! I've tried to stop, but I love clothes and fashion way too much! I probably own more than 400 pairs of shoes. That's a lot, isn't it?" Hudson says.

Hudson, who has a four-year-old son, Ryder, with ex-husband Chris Robinson, also revealed she thinks it is unfair when people think a woman's sexiness departs when she becomes a mother.

"Hey, single moms can still be sexy!" she adds. "You just do the best you can. I think any mother, working or not, should take a little time out every day to be themselves."

METRO NEWS SERVICES

Moss fuming after cancellation

GOSSIP Supermodel Kate Moss was left fuming this past week after flying in to New York for a modelling job — only to discover the shoot had been cancelled at the last minute, imdb.com reports. Moss arrived at JFK airport last week when she was told the job for fashion monthly W magazine had been scrapped. "She wasn't very happy at all," a source says. W magazine editors were reportedly charged with the $11,840 US bill for Moss' first-class flights.

METRO NEWS SERVICES

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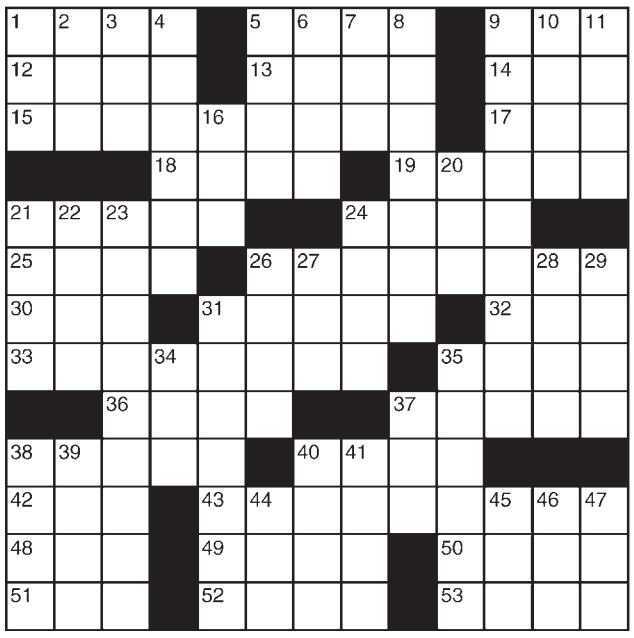
Today Partly cloudy 9 C / -4 C
Wednesday 30% flurries 3 C / -3 C
Thursday Partly cloudy 2 C / -9 C

BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 AM**

Take Five



Crossword across

1 Attempt, in basketball
5 Condo, for instance
9 Parcel of land
12 Franc replacement
13 Wounded
14 Commotion
15 Site maintainer
17 Affirmative action?
18 Grow weary
19 Large
21 Shaving tool
24 Elite alternative
25 Teensy bit
26 Sit-ins and such
30 Anderson's "High —"
31 Glistened
32 Gratuity
33 Catching sight of
35 Scoff
36 MPs' quarry
37 Actress Halle
38 Bust
40 Shopper's need
42 Last (Abbr.)
43 White gypsum
48 "A pox upon thee!"
49 Honeycomb compartment
50 Vicinity
51 Supporting
52 Gopher's hideout
53 Create

Crossword down

1 Stitch
2 Coloration
3 Sphere
4 Long, narrow drum
5 "Back in the —"
6 Staff member?
7 Rage
8 Wood eater
9 York adversary
10 Smell
11 — list (agenda)
16 Melody
20 Blackjack part
21 "Phooey!"
22 On
23 Persian prophet
24 Vintage video game
26 Dr. McGraw
27 Director Howard
28 Layer
29 Agile
31 Belly
34 Pair
35 Stuff tossed overboard
37 Support system?
38 Enthusiast
39 Hodgepodge
40 Shout
41 Skilled
44 Zodiac cat
45 La-la lead-in
46 "A mouse!"
47 "Norma —"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		6		4		5	
			9		7			
5		1				4		6
		2	4		6	7		
9								2
		8	7		2	3		
8		6				5		7
			8		5			
	2		1		9		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	O	C	H	■	D	D	T	■	R	O	B	E		
S	C	R	U	T	I	N	Y	■	E	Y	E	D		
D	A	Y	D	R	E	A	M	■	M	E	N	D		
■	■	■	D	O	T	■	P	I	A	Z	Z	A		
H	O	T	L	Y	■	R	A	C	K	■	■	■		
O	B	O	E	■	S	U	N	B	E	A	M	■		
P	I	G	■	S	T	R	U	M	■	F	A	D		
■	T	A	G	T	E	A	M	■	W	A	N	E		
■	■	■	H	E	A	L	■	S	H	R	E	W		
S	H	T	E	T	L	■	D	U	O	■	■	■		
P	O	R	T	■	I	C	E	C	R	E	A	M		
A	L	I	T	■	N	E	C	K	L	A	C	E		
M	E	M	O	■	G	E	O	■	S	T	E	W		

3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Rice Cakes with Mushroom-Walnut Sauce

CAKE INGREDIENTS:
1/2 cup (125 mL) uncooked long-grain rice
1/4 cup (50 mL) finely chopped yellow onion
1/4 cup (50 mL) finely chopped green, red or yellow pepper
1/4 cup (50 mL) seasons fine dry bread crumbs
1 large egg, lightly beaten
1/8 tsp (0.5 mL) ground cayenne pepper
2 tbsp (25 mL) vegetable oil

SAUCE:
1 tbsp (15 mL) butter or margarine
1 cup (250 mL) sliced fresh mushrooms
1/4 cup (50 mL) finely sliced scallions with tops
2 tbsp (25 mL) all-purpose flour
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) black pepper
1 cup (250 mL) low-sodium beef broth
1/4 cup (50 mL) chopped walnuts, toasted

METHOD:
1. For rice cakes, in a medium-sized pot, cook rice according to package directions, omitting butter. Stir in onion, green pepper, bread crumbs, egg and ground cayenne. Shape mixture into 4 patties. Cover and refrigerate 1 hour.
2. In a non-stick skillet, heat oil over moderate heat. Cook patties 3 minutes per side or until golden. Transfer patties to a platter and keep warm.
3. For sauce, in a medium-sized pot, melt butter over moderate heat. Add mushrooms and scallions; cook 3 minutes. Stir in flour, salt and black pepper. Cook 1 minute. Stir in beef broth. Cook, stirring, for 5 minutes or until thickened. Stir in walnuts. Serve sauce over patties. **SERVES 2**

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Chatting with a special person is the highlight of the day. Too much activity may create dissension. You have a date with destiny.

TAURUS ♉
APRIL 21-MAY 21
Don't shy away from the good times. An old friend forgives all mistakes. Push comes to shove in a relationship issue.

GEMINI ♊
MAY 22-JUNE 21
Scandalous things will happen. It won't be easy to communicate with an important person. Decency and humility result in a good conscience.

CANCER ♋
JUNE 22-JULY 22
Accept responsibility for your harsh words. Help somebody to believe in miracles. A free spirit reveals the best of human nature.

LEO ♌
JULY 23-AUG 23
Share your dreams with a youthful person. A powerful romantic attraction is growing. An obstinate man gets feisty at work.

VIRGO ♍
AUG 24-SEPT 22
Make someone go wild with joy. A relative makes a mysterious remark. A younger person will give good advice.

LIBRA ♎
SEPT 23-OCT 23
You'll be in the right place right on time. A former friend apologizes for a hasty farewell. Give generously to a poverty-stricken person.

SCORPIO ♏
OCT 24-NOV 22
Don't fall for a con artist. A dull ache reminds you of a defunct relationship. Resolve to avoid inconsiderate people.

SAGITTARIUS ♐
NOV 23-DEC 21
Be strong in the face of someone's denial. Take care of business as soon as possible. Good news is received.

CAPRICORN ♑
DEC 22-JAN 20
Relationship expectations need to be discussed. Don't complain about a loss of independence. A relative makes an offensive suggestion.

AQUARIUS ♒
JAN 21-FEB 18
It's too late to turn away from a plan now. Take someone's breath away with a true story. Trust that your finances will recover.

PISCES ♓
FEB 19-MARCH 20
Take the honourable way out of a difficult situation. Don't settle for second best. Noise problems will be aggravating.

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